



Since its inception in 1993
Project RESPECT:

- Has presented in multiple Indiana counties
- Has presented to over 50 schools
- Averages 10,000 student contacts each year

If you are interested in bringing
Project RESPECT to your school,
or want to learn more contact:

**COMMUNITY HEALTH
IMPROVEMENT**

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Continuing Christ's Ministry
in our Franciscan Tradition



Franciscan HEALTH

PROJECT R.E.S.P.E.C.T.



ABSTINENCE EDUCATION



Franciscan HEALTH

PROJECT R.E.S.P.E.C.T.

Reduce Early Sex and Pregnancy by Educating Children and Teens

Although sexual feelings and thoughts are normal for developing adolescents, they are subject to potentially confusing messages about sexual norms. Wrong choices can lead to:

- unintended pregnancies
- sexually transmitted infections
- loss of self-esteem

What is Presented?

Project RESPECT is an initiative to reduce Indiana's teen pregnancy and birth rate and improve the health and future of our youth. Community health specialists use video, interactive discussions, homework activities, debates and role-playing in presentations. Presentations are broken down into sessions.

The first Project RESPECT session addresses self-esteem, values and decision-making. The second session explores communication, family and teen pregnancy. The third session discusses friends, puberty, relationships, sexual decision-making, sexually transmitted diseases and goal setting/life planning. Presentations are tailored to elementary, middle, or high school students.



What is Project R.E.S.P.E.C.T.?

Project RESPECT, a program sponsored by Franciscan Health, presents to thousands of school children in Indiana. The abstinence program, depending on grade, is a two or three session educational presentation promoting abstinence until marriage as the best decision young people can make for themselves. The philosophy of the program is based on the belief that a sexually abstinent lifestyle during adolescence gives young people a limitless future and makes a long-range impact on their lives.

What is Abstinence?

Abstinence is choosing to not have any kind of sexual activity. People must not have any kind of sex for abstinence to be effective. Choosing if or when to have sex is a hard decision for everyone.

Today's adolescents are becoming sexually active at an increasingly early age. The trend is not surprising since youth are confronted with sexual content in:

- social media
- music
- videos
- television
- advertising



Abstinence Program Overview

Today's adolescents are becoming sexually active at an increasingly earlier age. The trend isn't surprising since youth are confronted with sexual situations at every turn—in hit songs on the radio, music videos, television and social media. Even billboards use sex to capture attention or promote a product.

Although sexual feelings and thoughts are normal for the developing adolescent, they are subject to potentially confusing messages about sexual norms. Wrong choices can lead to unintended pregnancies, sexually transmitted infections and loss of self-esteem.

Bringing the issue closer to home, Lake and Porter counties report annual increases in their teen pregnancy rates despite a statewide decline. According to the Indiana State Department of Health Vital Statistics, babies born to teenage mothers are more likely to be low birth weight, be born prematurely, and are two times more likely to die before their first birthday, in comparison to babies born to mothers 20 years of age or older.

Research indicates teen pregnancy impacts a community's infant mortality rate, increases the number of single parent families, increases the high school drop out rate, and expands welfare dependency numbers. Franciscan Health has taken on the challenge to work with young people in developing the skills they need to make healthy decisions for themselves.

Project RESPECT, a program sponsored by Franciscan Health, presents to thousands of school children throughout Northwest Indiana. The Abstinence Program, depending on grade, is a two or three session educational presentation promoting abstinence until marriage as the best decision young people can make for themselves. The philosophy of the program is based on the belief that a sexually abstinent lifestyle during adolescence gives young people a limitless future and makes a long-range impact on their lives.

Below are brief descriptions of the two 6th grade sessions.

- Session 1 addresses abstinence, values, and teen pregnancy.
- Session 2 explores communication, family, puberty and discusses dating, STDs and goal setting/life planning.

Below are brief descriptions of the three 7th grade sessions.

- Session 1, Explores communication, family and teen pregnancy
- Session 2, discussed friends, puberty, relationships and also includes a puberty video illustrating the male and female anatomy as well as physical and social changes young men and women go through during adolescence
- Session 3, discussed dating, sexual decision making, STDs and goal setting/life planning

Below are brief descriptions of the three 8th grade sessions.

- Session 1, explores teen pregnancy FACTS
- Session 2, explores history, transmission, and symptoms of STDs/STIs.
- Session 3, discussion and Power Point presentation of imagery and effects of STDs/STIs on the human body



Puberty Program Overview

The Puberty Program is a long standing program supported by Franciscan Health. The program has evolved from school nurses being the facilitators to Franciscan Health employees as facilitators. Angela Earley has been a Community Health Specialist for the past 25 years presenting to female and male students in school systems across Northwest Indiana.

The Puberty Program educates 4th and 5th grade (age10-11) children about major body parts and describes the basic functions of the reproductive system. It also covers outward changes of the body such as breast growth, body hair, ways to control body odors, acne, emotional and social changes during puberty and adolescence. The program addresses the similarities and differences among young people during puberty and discusses options with female protection such as sanitary napkins, tampons and how to dispose of both.

A permission slip is distributed to students prior to the presentation by the school nurse. Parents are required to sign and return the slip and are encouraged to attend the presentation.

The Puberty Program has been presented to more than thirty Northwest Indiana schools over the past 25 years.



STD/STI Program Overview

Today's adolescents are becoming sexually active at an increasingly earlier age. The trend isn't surprising since youth are confronted with sexual situations at every turn—in hit songs on the radio, music videos, television and social media. Even billboards use sex to capture attention or promote a product.

Although sexual feelings and thoughts are normal for the developing adolescent, they are subject to potentially confusing messages about sexual norms. Wrong choices can lead to unintended pregnancies, sexually transmitted infections and loss of self-esteem.

Bringing the issue closer to home, Lake and Porter counties report annual increases in their teen pregnancy rates despite a statewide decline. According to the Indiana State Department of Health Vital Statistics, babies born to teenage mothers are more likely to be low birth weight, be born prematurely, and are two times more likely to die before their first birthday, in comparison to babies born to mothers 20 years of age or older.

Research indicates teen pregnancy impacts a community's infant mortality rate, increases the number of single parent families, increases the high school drop out rate, and expands welfare dependency numbers. Franciscan Health has taken on the challenge to work with young people in developing the skills they need to make healthy decisions for themselves.

Project RESPECT, a program sponsored by Franciscan Health, presents to thousands of school children throughout Northwest Indiana. The Sexually Transmitted Disease (STD/STI) program is a two session educational presentation promoting abstinence until marriage as the best decision young people can make for themselves. The philosophy of the program is based on the belief that a sexually abstinent lifestyle during adolescence gives young people a limitless future and makes a long-range impact on their lives.

Below are brief descriptions of the two sessions.

- Session 1, explores history, transmission, and symptoms of STDs/STIs.
- Session 2, discussion and Power Point presentation of imagery and effects of STDs/STIs on the human body.



Project RESPECT Curriculum for Abstinence Education

Presented to 6, 7, 8, and High School Students

Project RESPECT is a middle and high school abstinence program sponsored by Franciscan Health.

RESPECT stands for: Reduce Early Sex and Pregnancy by Educating Children and Teens.

Project RESPECT is a 3-session educational program which promotes abstinence until marriage as the best decision young people can make for themselves.

The philosophy of the program is based on the belief that a sexually abstinent lifestyle during adolescence gives young people a limitless future and makes a long-range impact on their lives.

6th Grade

Students are taught the emotional, physical, social, and mental changes they can expect as they progress through puberty. They are taught the definition of abstinence, secondary abstinence, and the importance of abstinence in preventing unwanted consequences: teen pregnancy and Sexually Transmitted Infections (STI).

They learn about teen pregnancy and its effects on the teen mother and teen father. Students learn how STIs are spread, how HIV affects the immune system, and how certain STIs cannot be cured.

Students learn about negative peer pressure and the importance of choosing friends who share their values and who will encourage good decision making. They are encouraged to seek support and openly communicate with a parent, guardian, or trusted adult.

Sessions:

1. Introduction to abstinence. Preventing unwanted consequences.
2. Teen pregnancy affects the teen mother and teen father.
3. "I have questions." Puberty, friends, family, relationships and STIs.

7th Grade

Abstinence and the importance of being abstinent during adolescence is reinforced. Students are taught the importance of respecting self and others. They learn about the male and female anatomy and the anatomy of the reproductive system.

They learn the reality and cost of teen pregnancy: diapers, formula, food, clothes, childcare, insurance, and child support.

Students learn how STIs are spread from person to person and the effectiveness and limitations of condoms. They learn that some decisions they make can cause them to get off course, making their goals less attainable.

Students learn about their personal values and the importance of a healthy body image.

4. Discussion on the physical, emotional, and social risks associated with early sexual activity.
5. Explanation of the effectiveness of abstinence in preventing sexually transmitted infections (STIs) and unplanned pregnancies. Respect for personal values and boundaries.
6. Exploration of individual values and beliefs regarding sexual activity.

II. Understanding the physical and emotional changes of puberty.

1. Explanation of physical changes during puberty and the impact of hormones on emotions and behaviors.
2. Promoting understanding and acceptance of natural bodily changes. Emotional development and peer pressure.
3. Exploration of emotional development during adolescence and the influence of peer pressure on decision-making.
4. Developing skills to resist negative peer pressure and make independent choices. Importance of self-esteem and body image.
5. Promoting positive body image and self-esteem.
6. Addressing societal influences on body image and encouraging self-acceptance.

III. Healthy relationships and communication. Characteristics of healthy relationships.

1. Identification of mutual respect, trust, communication, and support as key components of healthy relationships.
2. Understanding the importance of equality and consent in relationships.
3. Expressing thoughts and feelings clearly and resolving conflicts respectfully.
4. Recognizing and avoiding unhealthy relationships.
5. Discussion on warning signs of unhealthy relationships, such as control, manipulation, and abuse.
6. Empowering students to identify and address unhealthy relationships and seek help when needed.

IV. Risks and consequences of early sexual activity. Physical risks: STIs, pregnancy, and their impact.

1. Explanation of common sexually transmitted infections and their consequences.
2. Discussion on the potential physical and emotional challenges of teen pregnancy. Emotional and psychological consequences.
3. Identification of the potential emotional and psychological consequences of early sexual activity.

3. Introducing the importance of planning for the future.
4. Aligning personal choices with values and goals.
5. Encouraging students to make choices that align with their personal values and goals.
6. Discussing the impact of choices on future aspirations and personal well-being.

IX. Encouraging positive influence among peers.

1. Promoting the positive impact peers can have on each other's decisions and behaviors.
2. Inspiring students to be role models and advocates for healthy relationships and abstinence.
Promoting inclusivity and respect.
3. Encouraging students to challenge stereotypes and promote diversity in their peer groups.
Building a supportive peer network.
4. Promoting peer support and accountability in making positive choices.